

Family Deployment Supplement to the Connecticut Guardian

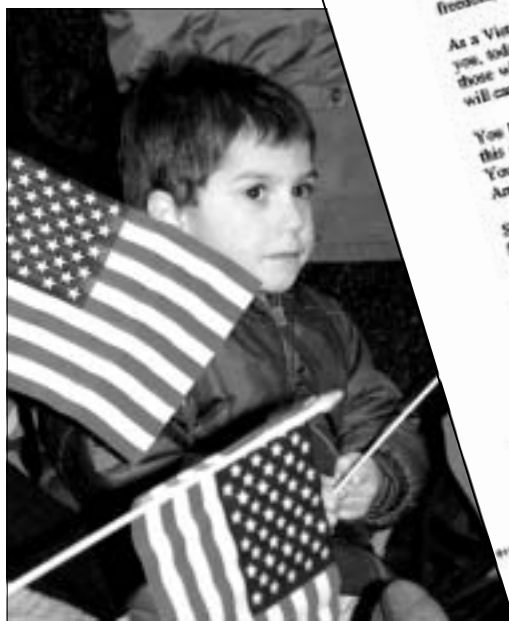
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HARTFORD, CT

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ROB SIMMONS
MEMBER OF CONGRESS
CONNECTICUT



CONGRESS OF THE UNITED STATES
HOUSE OF REPRESENTATIVES
WASHINGTON, DC 20515

February 9, 2003

Dear Conrades in Arms:

The message I share with you today is not only from myself, but also from all the people of eastern Connecticut and from across our nation. The message, simply stated, is: "Thank you." Thank you for following in the footsteps of other young Americans who defended a way of life that we cherish and that we want our children to inherit.

Americans believe in freedom and justice. Therefore, we do not send our military abroad to conquer but to liberate and to defend our nation and our values. Thanks to America's leadership, the tyrannies of Nazism, fascism, Japanese Imperialism and communism have come and gone. Thanks to you, America again leads the world in a noble cause, the defeat of the tyranny of terrorism. Like all American soldiers, you will prevail and offer a better way of life to others.

For some, optimism may be difficult today, not because democracy is less energetic than it has been, but because the enemies of democracy have more potent instruments of ruin. But I am an optimist. Nations once trapped behind the Iron Curtain today join us as we stand against terrorism. Having lived for so long under the yoke of oppression they know the meaning of freedom, and they understand the importance of opposing tyranny.

As a Vietnam veteran, I know the mission you are about to embark upon. As others have before you, today you follow a road paved by duty, honor and country. You will take inspiration from those who preceded you. As a result of your character, devotion to duty and achievement, you will carry the day and inspire those who follow.

You leave today with the prayers and the gratitude not only of your families and friends but of this great nation and of people all over the world who look at the America flag and see hope. Your mission is to preserve freedom and peace. Your professionalism confirms the faith the American people have in their armed forces and we will honor you in your return.

Should you or any member of your family want to contact my office for any reason, please feel free to do so. My Norwich number is 860-886-0139. My military/veterans representative can be reached by e-mail at krobson.lewis@mail.house.gov.

Return home safely. May God bless you and your families.

All the best,

Rob Simmons
Member of Congress
Second District, Connecticut

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Commissary provides service, savings during deployments

CAROLE YOUNG
DEFENSE COMMISSARY AGENCY (DeCA)

Military service members make many sacrifices to defend our country, among them: personal, professional and financial. All three seem to coincide when a service member is deployed or a Guard or Reserve member is activated, sometimes facing a reduction in household income.

The Defense Commissary Agency (DeCA) can help by providing significant grocery savings of 30 percent or more to service members and their families – when they use their commissary benefit regularly. Shoppers can expect to save even more on meat and produce purchases and frequent case lot sales help shoppers realize even bigger savings.

In addition to working hard to ensure exceptional savings for the military community, DeCA is committed to providing excellent name brand products, produce and meats, and efficient service that's second to none.

Grab-and-Go sections, early bird and assisted shopping and 30-minute parking spaces are conveniences you'll find at many commissaries. Cooking demonstrations, "Meat Made Easy" preparation instructions and recipes are all part of DeCA's commitment to service.

Take note of some of these tips to help make deployments easier – and make the most of commissary shopping.

• **Arm yourself with information.** Before deploying, make sure family members are provided with the correct information and documentation needed for commissary shopping. Tips for preparing for deployment can be found on <http://>

deploymentlink.osd.mil/deploy/prep/deploy_checklist.shtml.

• **Obtain ID cards.** All family members (spouse and children 10 years of age and older) should have ID cards. An ID card is required to make commissary purchases and may also be required at the gate if the commissary is located on an installation with increased security precautions.

• **Guard and Reserve members should have a commissary privilege card (CPC).** Unless activated, Guard or Reserve members and authorized family need to show a CPC along with a military ID card to take advantage of their 24 shopping days at the commissary. Service members should go to their local unit to get information concerning the CPC. DeCA does not issue the CPC; the unit does. For more information on Guard and Reserve shopping privileges visit http://www.commissaries.com/guard_reserve.htm.

• **Shop the commissary every day.** When serving on active duty or in a training status, deployed service members and activated Guard or Reserve members and authorized family members have unlimited usage of the commissary. Guard and Reserve do not need to use their CPC: Active duty ID or copies of active duty orders are all you need.

• **Do your homework.** Know the location and gate entry procedures for the military facility nearest you. Check installation entry requirements and directions before traveling to the commissary. Approaching an installation security checkpoint occupied by armed and uniformed personnel can be intimidating to the uninitiated. Reduce anxiety by being familiar with the gate entry process. Besides the commissary, there are numerous services available on installations

for use by families of deployed service members; know where they are located and their hours of operation.

• **Do a little shopping homework.** Find out what's on sale at the commissary before you even walk in the door. Visit DeCA online at <http://www.commissaries.com> and click on the "Locations" button to find a listing of commissaries. Each store has its own Web page with location, hours of operation, store management and special events. Click on the "Shopping" button to find out what's on sale. Use coupons to save even more!

• **Save money with Manager's Specials.** Commissaries feature hundreds of unadvertised specials providing additional savings to customers. Commissaries also receive price reductions on locally delivered items such as beverages and snacks. Shopping more frequently, not just payday, often nets additional savings.

• **Aunt Louise visiting from Boise doesn't have to sit in the car.** Depending on installation entry policies (do check ahead), visitors may accompany you when you shop the commissary, but only the ID card holder may make purchases.

• **Craft a special commissary care package for your loved one.** Special "deployment centers" can be found at 31 commissaries on key installations. These centers offer a varied assortment of items available for assembling "care packages" and are located at the front of the store. Nonperishable food items such as nuts, instant soup, jerky, dried fruits and sport drinks are some of the items available. Health and personal care items such as wipes, lip balm, insect repellent and dental floss along with batteries are additional items that can be found in the

deployment centers.

• **Send the gift of commissary savings.** That's the "Gift of Groceries." It's a commissary gift certificate anyone can purchase over the Internet or by a toll free call, but only authorized shoppers can redeem them at the commissary. Good at any commissary, they can be purchased most easily online at <http://www.commissaries.com> to help families of deployed service members. They can even be donated through the USO, the Fisher House Foundation Inc. or the Air Force Aid Society to military families in need.

• **Shop smart.** Families of deployed service members often eat less "big meals" at home, but eating out at the local pizza parlor or fast food restaurant is not the way to save money. Skip the "desperate" dinner out and pick up fast and convenient meals at the commissary instead.

Bring home popular and inexpensive meals such as pizza, hot dogs and frozen entrees for the family. Stock your pantry shelves with a classic budget-friendly (and universally kid-approved) food: macaroni and cheese. Bagged salad prices at the commissary can't be beat and Grab-and-Go or deli sections have freshly prepared sandwiches and side dishes.

Remember, nothing beats preparation for saving money and being ready for deployment. That and shopping in your commissary!



DO NOT REPLY TO THIS EMAIL!

There is an email going around with the following info. (Please see below).

You should be aware of sites that ask for information regarding Military families names, dependent information or address information. Whether the soldier is deployed or CONUS doesn't matter. This information given to an organization could be useful in the wrong hands.

Now more than ever COMSEC is extremely critical. If you receive this email listed below - Delete it! Do not open or forward it.

Side Note: If you notice at the bottom of the email it says "Click here to be removed from this list" This very rarely is used for that intention. Normally it used to verify that the email address is active, so that the amount of spam sent to that email address may multiply as your email address is sold through other companies.

[mailto:PrayerTeam@lists.PresidentialPrayerTeam.org]
Subject: The President Asks for Our Prayers for the Military

PRAY FOR THE PRESIDENT'S TROOPS AS THEY MAY BE HEADING INTO BATTLE...

At the request of the President that we pray for his troops, The Presidential Prayer Team has set up a way for people to register their military friends and loved ones (no confidential information is taken) so that the 1.4 million members of The Presidential Prayer Team can "adopt" each military person and pray for them specifically every day. This service to the military folks you know will be of great value to them and will comfort their families. It is without cost and those praying are given a printable certificate (downloadable to print without cost on the web) that allows them to be reminded daily to pray for the person they've "adopted." Anyone registering or adopting can also receive a beautiful decal (free) indicating their prayer

Thousands have already signed up to adopt military members for prayer in the past week. If you have not done so, we encourage you to adopt a military person yourself.

It is imperative that each member of the military be prayed for, wherever they are stationed. The only way to pray for them is if they are registered first by friends or family, since it is not possible for us to simply use military lists. When registering a service person, no confidential information is taken — just their name, branch, spouse name, and the number of children they have (if applicable). This helps our team to be specific in their daily prayers for this person and their family.

We URGENTLY REQUEST that you inform your friends and acquaintances so that they can register their military families and friends for prayer by the 1.4 million members of our team. Praying specifically for each member of the military by name is a wonderful way to support our military and our President during these difficult times.

Thank you for your prompt attention to get the word out far and wide about this important prayer campaign.

THE PRESIDENTIAL PRAYER TEAM
<<http://www.presidentialprayerteam.org>>

www.presidentialprayerteam.org

P.S. You'll enjoy the customized certificate that can be printed immediately when you adopt a member of the military. Place it on your refrigerator or in a prominent place to remind you to pray specifically for the military service person you adopted.

TO UNSUBSCRIBE:click
mailto:test1-99999999-888888@lists.PresidentialPrayerTeam.org?subject=unsubscribe> here to stop all email from The Presidential Prayer Team or write to The Presidential Prayer Team, P.O. Box 2300, Orange, CA 92859 (c)Copyright 2003, The Presidential Prayer Team, Inc. All rights reserved. Information may be used if credit is given. The Presidential Prayer Team name and seal is a trademark of The Presidential Prayer Team, Inc.

Bottom line is: if you think it may be questionable, it probably is.

Remember Operational and Informational Security at all times. If it is information that could be useful in enemy hands, DO NOT GIVE IT OUT!

(Information provided by the CTNG DOIM)

—Original Message—

From:
PrayerTeam@lists.PresidentialPrayerTeam.org

Family Care Plans Required by Regulation

CAPT. TIMOTHY TOMCHO
JAG OFFICE

Army Regulation 600-20 requires every single-parent soldier, dual-military couple with children, single pregnant soldiers or pregnant soldiers in a dual-military couple to develop and execute a Family Care Plan (FCP). Soldiers with spouses who are incapable of self-care and emergency-essential civilians are also required to have an FCP. The regulation applies both active and reserve soldiers. About one out of every eight soldiers requires an FCP.

The development of an FCP is not just another exercise in box checking. It is an important deployment-readiness tool for soldiers and commanders. Essentially, the goal of the FCP is to ensure that children of deployed soldiers receive proper care while their soldier parent is deployed. Personal preparation for deployment, whether for Annual Training or mobilization, is often stressful. Important preparations may be overlooked. An FCP is designed to ensure that soldiers give serious thought to family preparation before deployments.

An FCP, at a minimum, includes proof that designated guardian has agreed to care for the dependents. Powers of Attorney for medical care, guardianship and the authorization to start or stop financial

support should be in the packet. The regulation also requires a letter of instruction to the guardian/escort, which should detail specific instructions for the guardian for the care of the dependents.

Although not specifically required, instructions on how to access important documents, such as birth certificates, insurance documents, leases and contact lists for relatives, should be included in the plan. Soldiers, even if not required by regulation to have an FCP, should contemplate legal-readiness matters well before they receive their deployment orders. Our 50,000 National Guard soldiers and airmen called to service so far as a result of the September 11th terrorist attacks underscores the necessity of soldiers and their families to be "Always Ready!"

To facilitate family readiness, the Department of Defense has developed a comprehensive web-based military family resource center at www.mfrc.calib.com. Kim Hoffman, the Connecticut National Guard Family Support Program Coordinator, spearheads our state's effort to ensure family readiness. Additionally, the Office of the Staff Judge Advocate is prepared to assist commanders and soldiers with issues of deployment readiness and may be contacted at (860) 548-3203.



NOW 'EAR THIS!
Breakfast with the
Easter Bunny

Saturday, April 19th, 2003
Camp Rowland, Niantic, CT

Call 1-800-858-2677 to RSVP

Reservations are accepted through Monday, April 6th

Times will be announced

Meet the Easter Bunny

Easter Egg Hunt by Age Group

Bring Your Own Easter Basket

Adults, Please be sure to
have a photo ID to
enter Camp Rowland



Good Employers, American Patriots

COL. (RET.) CARL VENDITTO
CONNECTICUT ESGR CHAIRMAN

As the Connecticut ESGR Chairman, I have the opportunity of talking to diverse groups of individuals on the wonderful work skills of those men and women who serve in the National Guard and Reserve. I make a statement that almost all employers would agree, "good guardsmen make good employees and good employees make good guardsmen".

Let me share some observations made by members of my committee. To be sure, in a few isolated cases we have not had 100 percent cooperation by employers. I attribute this to a lack of information about federal legislation and decisions often made by line supervisors with no knowledge of the federal law which impacts on those called to duty. In most cases such situations are easily corrected by a call to the human resources or personnel office explaining the provisions of the Uniformed Services and Serviceman's Employment and Reemployment Rights Act (USERRA).

The following incidents all took place less than two months ago.

1. A guardsman who works for Pitney-Bowes was given a week off with pay

PRIOR to his mobilization so that he would be ready to report without the stress of going directly from the civilian world to that of the military world.

2. A driver of an oil truck who is also a guardsman was attempting to complete his route early so that he could report to Camp Rowland for mobilization. He supervisor observed he was under pressure and took over a portion of the driving of the route so that the soldier could report for duty on time and with a shower.

3. An executive with a company who wished to remain anonymous donated 160 phone cards to Marine reservists from Charlie Company in Plainville upon their recent mobilization.

4. A number of employers held going away parties for their Guardsmen and Reservists and indicated their jobs would be waiting, and communications from the company to their spouses would be ongoing. Letters were also sent explaining medical health benefits to which they would be entitled. In some cases, the use of the company car was passed to the family for the duration of the callup. Educational benefits were also awarded to spouses.

5. The mayor of a mid-sized city urged her council to vote that no municipal employee

called to duty would find his/her family would have to sacrifice as a result of a call to arms. Payment was made to offset any loss of pay for the duration of the mobilization. A similar action has taken place in other towns in Connecticut.

6. The Pfizer Company of Groton is making up the difference between Guardsmen pay and civilian wages for the duration of the mobilization. United Technologies is doing the same, as is Electric Boat. Other companies are providing incremental payments. Space limits recognizing the many such supportive companies taking such action.

7. Another way companies are helping mobilized guardsmen is by asking the employees who remain behind to pick up the slack left by the departure of their co-worker and citizen soldier. In some cases, it is necessary to hire part time employees while the guardsmen is absent. This impacts on the company in a poor economic climate. The CT ESGR committee thanks such employers by awarding certificates of appreciation for their service.

8. The ESGR Committee has noted that some governmental groups are impacted more because of the large numbers of guardsmen and reservists who are on their

payroll. The Department of Corrections, various police and fire departments, and emergency response groups fall in this category. The recall of such personnel often results in understaffing until a replacement can be hired, trained, or re-certified. Good management action reflects proactive thinking and support for our citizen soldiers. . . Today many of those mobilized and deployed are white collar executives, these individuals, lawyers, doctors, managers, account executives, and pilots are difficult to replace with temporary help.

I am often asked by Guardsmen and Reservists and their families as well as radio and TV announcers why all Connecticut businesses cannot "make whole" our mobilized Guardsmen. In short, federal law does not require any employer to do more than grant an official military leave of absence. To infer that such employers are less than patriotic is to be totally inaccurate.

As we often ask Connecticut citizens to thank a veteran for his service, I think we should also thank our state employers for what they do for our wonderful country.

Positions available in Family Assistance Centers

POSITION: State Family Program Specialist, Temporary, R8572000, GS-0101-07/09, Multiple positions, (These positions will be located at National Guard Armories throughout the State that are designated as Family Assistance Centers in support of Deployed Soldiers/Airmen and their Families)

TECHNICIAN VACANCY ANNOUNCEMENT: 03-011

SALARY RANGE: GS-07 \$33,134 to \$43,075 Per Annum; GS-09 \$40,531 to \$52,690 Per Annum

TYPE OF APPOINTMENT: Excepted Service (Officer, Warrant Officer, Enlisted)

LOCATION: State of Connecticut, various locations **OPENING DATE:** 19 February 2003

CLOSING DATE: This announcement will close periodically to meet the ongoing needs of the Family Support Program.

AREA OF CONSIDERATION: Statewide
NOTE: Currently these temporary positions have no end date but selectees may be terminated at any time without notice. Length of assignment will be determined by the TAG of Connecticut or his authorized representative.

MILITARY RANK AND COMPATIBILITY: Selected individual must hold the military rank of E-4 through 0-1 in the Connecticut Army or Air National Guard prior to employment.

DESCRIPTION OF DUTIES: These temporary positions will assist the State Family Support Coordinator in the administration of quality of life programs designed to benefit the National Guard member and his or her family. Work may include but not limited to the following: Coordinating and facilitating communication between family members and the National Guard; Prepare and disseminate information to family members within the state on benefits, entitlements, schedules of events, missions, roles and functions of the National Guard; Provides input into the mobilization planning process to accommodate family needs and to help alleviate mobilization concerns of National Guard members and their families; Other duties as assigned.

ALL POSITIONS ANNOUNCED IN THE BULLETIN WILL BE FILLED BASED ON MERIT AND WITHOUT DISCRIMINATION BECAUSE OF RACE, COLOR, RELIGION, AGE, SEX, OR NATIONAL ORIGIN, IF OTHERWISE QUALIFIED.

For full description of positions, requirements and application process, visit the **NEW INTERNET ACCESS** to all Army and Air National Guard Job Vacancies (Technician & AGR)

<http://www.ct.ngb.army.mil>

Family Assistance Center locations announced

Family Assistance Centers are being set-up in the following armories around the state:

Newington
Bristol
Stratford
Groton
East Granby
Branford

Manchester
Waterbury
Norwich
Windsor Locks
Middletown

Volunteers will be needed in each facility, and those wishing to help out can contact Mrs. Kim Hoffman, Family Program Manager at 1-800-858-2677.

Phone numbers for each facility will be published as soon as they are available.

Any family member or loved one of a deployed soldier who has questions about benefits or deployment issues may also get answers to their question at the following email addresses:

kim.hoffman@ct.ngb.army.mil
or
julian.mueller@ct.ngb.army.mil



Kids' Coloring Corner

A MONTHLY FEATURE
OF FUN AND
EDUCATIONAL
ACTIVITIES TO HELP
MILITARY CHILDREN
LEARN ABOUT
DEPLOYMENTS